

PORTFOLIO DEVELOPMENT

The portfolio is **a representation of the students' work**. It is **a means of collecting and presenting evidence which verifies students' learning achievement for the two-year period**.

- Notes or handouts should not be included.
- E-portfolios as well as Paper-based portfolio are allowed. Students can also have a combination of both E and Paper-based portfolios.
- The portfolio should include information under the headings:
 - Cover page: - Name of School, Subject, Teacher's Name, Student's Name, Year of Examination
 - Title page: - Examination, Subject, Year
 - Table of contents; - Topics neatly identified, Pages correctly numbered in sequence.
 - Introduction: - Information about the student, Expectations of the subject FOOD Nutrition and Health.
 - Supporting Evidence: e.g. *Written Assignment, *Oral Questions (checklist format), *Projects - Work Samples, Research Assignments, *Fieldtrip reports, *Summative evaluation of practical work, *Digital photographs of candidates performing critical tasks. **Please note: written assignments/formative assessments in E-portfolios must be in the candidate's own handwriting and marked by the teacher before uploading.**
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 - Self-assessment/Reflection: - students reflect in writing whether their expectations have been achieved.
- The portfolio must capture evidence of the thirteen (13) practical plus SBA 1 & 3 and provide information on formative and summative assignments.
- Students should be encouraged to write their own reflections instead of using standardized formats.
- Formative and summative assignments must be marked/corrected, signed, and dated by the teacher.
- Digital evidence must be captioned, and the student must be visible in the photograph.

How to Write a Reflection

A reflection is a thoughtful, written account of a student's understanding, feelings, and experiences related to a task or activity that was completed. It allows the student to examine what was learned, how the learning took place, and how the new knowledge or skills will influence future actions. A strong reflection demonstrates self-awareness, honesty, and the ability to analyse both successes and challenges.

A well-written reflection should include the following elements:

- **Description of the task:** Clearly state the activity or assignment to be completed.

- **Expected outcome:** Explain what you intended to achieve before beginning the task.
- **Key concepts and skills learned:** Identify the most important ideas, techniques, principles, or skills gained.
- **Challenges encountered:** Discuss what aspects were difficult or problematic and why.
- **Rewards and accomplishments:** Highlight what was most satisfying or meaningful about the experience.
- **Honest self-assessment:** Provide open and truthful statements about your performance, effort, and feelings throughout the process.
- **Achievement of intended learning:** Explain whether you learned what you planned to learn. If not, state the reasons and what may have affected the outcome.
- **Areas for improvement:** Reflect on what you would do differently if you were to complete the task again.
- **Future application:** Describe how you will apply the new knowledge or skills in future tasks, projects, or real-life situations.

A good reflection not only reviews what happened but also shows growth, personal insight, and a clear plan for continued improvement.

Examples of simple concise reflections

- Making a Scatter Cushion

The task was to make a scatter cushion using basic sewing techniques. I expected a neat, well-shaped cushion with secure seams. I learned how to measure fabric accurately, cut to size, and sew straight seams. The most challenging part was keeping the seams even, but the most rewarding was seeing the finished cushion look professional. I achieved my goal and will use these skills to make more cushions and improve my sewing projects.

MINISTRY OF EDUCATION
Curriculum Planning and Development Division

Portfolio Guide for Textiles Clothing & Fashion

Criteria	Cover Page
(a) Cover Page	Name of School
	Subject
	Teacher's Name
	Candidate's Name
	Year of Examination
	Title Page
(b) Title Page	Examination
	Subject
	Year
	Table of Contents
(c) Table of Contents	Topics neatly identified
	Pages correctly numbered in sequence
	Introduction
(d) Introduction	(a) 'Getting to know me' – Information about the candidate
	(b) Expectations of the subject Family & Resource Management
	Supporting Evidence
(e) Supporting Evidence	• A minimum of 5 written assignments from each section of the syllabus • Projects - Work Samples • Research Assignments • Fieldtrip reports • Summative evaluation of practical work • Digital photographs of candidates performing critical task
(f) Reflections	Reflections • SBA 1 • SBA 3 • Pattern Drafting • Stain removal • Stenciling

Suggested Practical Activities for Textiles Clothing & Fashion

No.	Practical Assignment	Section
1.	Collect and mount samples of fabric construction methods.	1
2.	Create a power point presentation on ‘Technological developments in fibres and fabric construction’.	1
3.	Paper/Fabric weaving project eg. paper basket, bookmark	1
4.	Fabric samples of natural dyes	2
5.	Synthetic dyes – tie dyeing, batik (Bags, Wall hanging)	2
6.	Block Printing – vegetables, cardboard (Table mat, Tray cloth, Table runner)	2&7
7.	Surface techniques—painting, embroidering	2
8.	Design a care label	3
9.	Stain removal – ink, blood/ fruit juice	3
10.	Recycle garment or household articles	3
11.	Create accessories using indigenous materials.	5
12.	Draft a blouse/top with kimono sleeves	6
13.	Draft a wrap skirt/short pants	6
14.	Draft curtains/valance	6
15.	Draft cushion, table mat/runner	6
16.	Hand stitches	7
17.	Seams and seam finishes	7
18.	Methods of controlling fullness	7
19.	Collars and facings	7
20.	Openings and fastenings	7
21.	Waist finishes	7
22.	Hems	7
23.	Pockets	7
24.	Collars	7
25.	Soft furnishing	7
26.	Construct garments and soft furnishings drafted (nos. 12 – 15)	7
27.	Bag with pockets, Short pants with pocket	7